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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Outstanding graduates**  
Sara Conestoga student honoured at ceremony  
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WEDNESDAY, NOVEMBER 16, 2016

CONESTOGA COLLEGE, KITCHENER, ONT.

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## Lockdown causes confusion

'None of us knew what to do'

BY LORRA HANDEL

Kylea Marlow, a second-year advertising and marketing communications student, was sitting with her friends in the Sanctuary around 4:30 p.m. on what seemed like a normal Thursday afternoon. Aside from the tree at the front, the only other people in the space were two other young women. It was dark silent.

That silence was soon interrupted as a voice came over the speaker system. "Attention: attention! There is security lockdown lockdown lockdown."

Initially Marlow thought it was a drill, but the lockdown was quite real.

According to a memo sent out to all colleges, staff and employees, the lockdown was put into place at the Dore campus around 4:30 p.m. on Thursday. Conestoga Services received a report that a student in some kind of crisis of self-harm.

In the communication of Waterloo Region Police Services (WRPS), the campus was placed on lockdown to ensure the safety of the individual student and staff at risk.

The lockdown did not last long and was lifted just

before 5 p.m.

During the lockdown, many students and staff appeared disoriented and confused as to what was going on. In the Sanctuary, two young people who ran into the room, joined Marlow and the three others but none of them knew what the proper procedure was during a lock-down.

**“I think it was a bit scary because you never know what’s going to happen.”**  
— Tiffany Kienastbauer

None of us knew what to do so we just sat there and moved to the back corner of the Sanctuary, she said. “We started getting a little nervous and worried but we didn’t want to share these feelings too much with the other students who were with us.”

Tiffany Kienastbauer, a first-year business student, was working in the library when the lockdown started.

“I think it was a bit scary because you never know what

going to happen, she said.

“But we have to move on with the postures and maintain some order and not panic.”

Alexia Holman, corporate communications co-ordinator with the WRPS, said the situation was reported to police and the lockdown was a precautionary measure to hold everyone in place until the situation was understood and resolved.

“We would rather use more caution than not enough, she said in an email.

Local 537, a branch of the Ontario Public Service Employees Union which represents university employees at Conestoga College, sent out an email on Nov. 16 to all its members reporting feedback on the lockdown and how it was confused.

Conestoga Students’ president of Local 537, said after the lockdown several faculty members contacted the union regarding some issues that could be improved.

“As a result of their comments I sent an email to our members yesterday to get a better perspective of what well and our communication team for improvement, she said in an email.

CONTACT: ORANGE 14

## CARRYING THE LOAD FOR KINDNESS



PHOTO BY JOE WHELAN

Francis Peiler, a 14-year-old Conestoga community and volunteer, said to students, volunteers and staff at Conestoga College that the Conestoga Community and Volunteers (CCV) is a group of students, staff and volunteers who are committed to making a difference in the community.

## Refugee crisis poses challenge for Canada

BY LORRA HANDEL

The crisis in Syria, started in March 2011, and since then, more than four million refugees have fled the country while nearly seven million have been internally displaced.

Hundreds of thousands of these refugees are on the move taking dangerous journeys by land and air, often risking their rights on a list for future in Europe and neighbouring countries.

Which leads to one simple question: Is it possible with all the resources Canada

has that the government and Canadians aren't doing enough for Syrians?

According to United Nations the number of people forcibly displaced in 2014 peaked to a staggering 59 million people from the 11.2 million in 2013.

That being said, Canada has only accepted 1,000 refugees as for its counterpart Germany is reported to take in 500,000 by the end of the year.

Lebanon has taken in 1.1 million, informal refugees and others who are not registered. Turkey has taken in the most refugees of any country and is home to 1.5

million Syrians. Although the United States spent more than \$4.5 billion since 2012 on their Syrian than anyone else, European supporting aid programs and refugee agencies in Jordan and Lebanon, they have only taken in 1,800 Syrian refugees.

Melissa Bault, a 23-year-old Waterloo student and Conestoga said, has been helping Syrian refugees.

“People need to get educated on the crisis, she said. She said that in some of the photos of the little boy washed up on Turkey coast and suddenly everyone started to care.

Canada should have started helping way before that photo came out.

Alexandra Kirk, general manager of Lebanon Syria, an organization to welcome and support Syrian refugees in Toronto, said in an interview with CBC that Canada could do so much more.

“It’s Canada’s role in the refugee crisis, she said. Absolutely not, she said.

“Canada has done more better with the Indo-Chinese Movement and can do more now.”

Prime Minister Justin Trudeau, who just took office

promised to bring in 25,000 more refugees within three years.

“I absolutely think that the government can reach that amount, said Kirk. The government is the one that gives refugees visas. They are the ones that interview and choose who to let in, so I think that they have the ability to reach that amount.

While Kirk, an undergraduate at Conestoga is passionate to register 39-year-old Waterloo resident Ali Mohammed and his wife.

CONTACT: ORANGE 14

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

What gets you through  
your school day?



"Being able to sit."

**Elizabeth Gorksen,**  
1st year  
petroleum technician



"Coffee"

**Mike Goodwin,**  
second year  
business administration student and accounting



"Singing and laughter"

**Juliana Pineda,**  
second year  
nursing student and nurse



"Knowing when I get home  
I'll get to cuddle on the  
couch with my kids"

**Amanda White,**  
second year  
nursing student and nurse



"The opportunity to meet new  
and interesting people"

**Caitlin Lawson,**  
second year  
international business management



"Sleep"

**Katie Cherry,**  
fourth year  
social work



Steve Conestoga, you couldn't do without

## FILBERT CARTOONS



By L. L. Brown



For more cartoons and captions visit [www.filbertcartoons.com](http://www.filbertcartoons.com)

## The pen strikes again

BY JESSICA HAMMER

Strong and the pen and paper because it is one to finish that novel. I haven't even under the bed or hidden behind the dresser.

November in Historical Novel Writing Month, also known as NaNoWriMo. Participants are supposed to write a 50,000-word novel by Nov. 30. NaNoWriMo is a non-profit organization that, ensuring as creative people to write, encouraging stories and developing connections with fellow writers. Writers of all ages are welcome to join.

You know that support, and that one morning, you have other people who are writing. Instead, a simple goal is to write every day, even if it's only a few words. It's especially when you have friends writing towards the same thing and Jessica. Chances are one of the most popular books in the (Halloween) and Christmas were. Throughout the month, there are events going on for writers to participate in, including an all-night event, which was held on Nov. 6 at the University of Michigan on downtown. Writers' Day of the writers even brought. Date: November. About 30 NaNoWriMo participants



PHOTO BY JESSICA HAMMER

Kate and Jessica (right) and Jessica Hammer (left) sitting at a table with a laptop, working on their novels in a historical novel writing month. It's not a big event, but it's a great way to get started.

came together to create and support each other's writing.

"I've been writing on and off since I was seven. It just feels like it's in my blood by this point," said Jessica. She decided to write at the end of the month. "It can be frustrating and it can be exciting."

Anyone who likes to write knows that writing a novel is often hard to start and finish. The time to sit and put pen to paper can be difficult. NaNoWriMo might be the best time to get some writing done because it forces writers to write more and submit more in the end with the di-

rect events and the support from other writers and the NaNoWriMo community.

"Even if you don't hit the goal of 50,000 words, the most important thing that happens is you have part of a novel written. That's really a no-brainer," said Hammer.

"There is a whole community of writers behind you to cheer you on. That's the most important part of NaNoWriMo."

There will be another all-night event on Nov. 30 for more information. The event is in an office building at 1000 University Ave.

## GET TRAINED IN MUAY THAI



PHOTO BY JESSICA HAMMER

Katie Cherry (left) and Rob Marshall (right) at the M.T. Thai Boxing Academy (MTA) in a club focused on personal training. Subjects in the art of Muay Thai. For video clips go to [www.spokaneonline.com](http://www.spokaneonline.com)

## CORRECTION

In the Nov. 6 issue of *Spokane*, a story on Conestoga College's new board of directors meeting contained several inaccuracies on an upcoming meeting. Two chapters of the book will be held in the spring semester. One can be held in the spring semester and the other in the spring semester. All students are invited to participate. Update: updates for the story.

MARK CAMPBELL  
Column

Spokane online edition  
can't find the version  
www.spokaneonline.com

# Conestoga College recognizes alumni

## BY BRUCE A. PIERCE

Conestoga College has just awarded some exceptionally skilled people over the years. Since 1997 the Alumni of Conestoga Awards have recognized those significant achievements.

Three alumni were honoured for their successes at the William Henry Murray on May 4, at an evening event. These types of awards were presented throughout the evening. The William Henry Award for best year students whose parents are alumni. The Alumni Achievement Award is awarded each year to a student who is achieving and their final semester and are committed to community service and academic excellence and finally the Alumni of Conestoga Awards.

The new Alumni of Conestoga Award winners are James Adams, Steve Colston, Deborah Henderson, Douglas Orfield, Cheryl Lockton, Greg Moore, Greg Nicolson, Diana Wick and William Wong.

The trials that develop successful alumni of Conestoga College and there are many successful. Conestoga College alumni who deserve to be recognized.

"The alumni have gone forward from the college and have achieved various careers and are doing great things and so this is a great opportunity for the college to recognize that success and honour them through the Alumni of



Alumni of Conestoga Award winners display their plaques. From left to right: James Adams, Steve Colston, Douglas Orfield, Deborah Henderson, Greg Moore, Greg Nicolson, Diana Wick and William Wong.

Conestoga Awards. In total, Anne Mackay, a consultant for non-profit organizations and a member of the Alumni Council, presented the awards last year and will be presenting some who she felt should have been up on the stage receiving her own award.

"Cheryl Lockton is an early childhood educator and she is a supervisor at the Home and she also works on the BCCO curriculum for all teachers in the educational community and she is a huge strong coach and she is an author - she is part kind of an amazing

person, she said.

Lecturers who were nominated for an award in 2010 at this event, this is where she met Mackay.

"I sat down, beside her and her son was sitting on a stool and I started asking her about her background and I was so engaged with her as an alumna and all the things that she does and I thought, 'Wow she should be up there getting an award.' Mackay said.

Lecturers in a personal graduate of the early childhood education program.

"It was the best two years of my life and I would do it again in a heartbeat," she said.

Conestoga College President John DeBarto gave a speech before the ceremony, displaying a true sense of pride not only in the alumni present that night, but of all the successful men and women who have graduated from Conestoga.

"We really honour a sense in the community where no question, I am almost 90 per cent of the students has taken a course at the college. There everywhere we go take that



PHOTO BY BRUCE A. PIERCE

Alumni of Conestoga Award winners display their plaques. From left to right: James Adams, Steve Colston, Douglas Orfield, Deborah Henderson, Greg Moore, Greg Nicolson, Diana Wick and William Wong.

new Alumni of the Early Childhood I want to thank all of the alumni for your support over the years and also for making it great and a personal congratulatory note to all of tonight's award recipients - thank you very much, he said.

The Alumni of Conestoga Awards are presented every year and there will be more recipients in 2011. The Alumni of Conestoga Awards are presented every year and there will be more recipients in 2011.

"We have an active team people can fill out and complete on they can simply call the alumni office and we will help the work for them and start to research some people. It is a pretty easy process. In and - to recognize someone for next year awards and we're looking at an alumni of Conestoga.

## Seasonal affective disorder can be debilitating

### BY MICHELLE MARCHAND

Winter is coming and the days are becoming shorter. The nights are long, it is cold and many people don't spend a lot of time outside. For a lot of people this leads to the "winter blues" but for some people the effects go deeper.

Lorne Robinson White, a Conestoga College instructor and counsellor, says people get the "winter blues" due to less days and lack of sunlight.

"A lot of people have some depression and some of them don't have any effect for most people, she said.

However, seasonal affective disorder (SAD) is more serious. It is a type of depression that follows a seasonal pattern. People affected by SAD may have depression throughout the year, but have a heightened depression from late autumn to early spring.

SAD is a medical condition, not just a mood, generally caused by the lack of light and the same people get very a real impact on

their daily lives when she said.

"It can really be debilitating."

The Canadian Mental Health Association (CMHA) reports that, two to three per cent of the population in Canada is affected by SAD and 15 per cent report having a less severe depressive effect described as the "winter blues."

They also found that some children and teenagers may be affected but it is more likely to begin as people over the age of 20 and that depression was more common in women than men. About 80 per cent are women.

According to the CMHA, there is no confirmed cause but it is believed to be related to seasonal changes in light.

People with SAD report a decrease in energy, a change in appetite, a tendency to overeating, a decrease in social outings and feelings of inner emptiness or hopelessness.

Robinson White, a third year business administration student, says she and her

classroom management student, didn't think the Canadian winter would affect her when she moved from Los Angeles after all, she originally from Kansas, but it did.

"I feel more down in the winter. I just hate it. It makes me anxious knowing that winter is coming," she said.

Robinson White said she was a winter student who can't wait for it to be over. She was not when she finished college for the place on moving to another location.

"You can't stay in the house. Canada, it is just that I don't like the weather," she said.

Robinson White said that, even though the SAD can be little things like getting more exercise, maintaining diet and sleep patterns and getting more light.

Treatment of the people can severely affected include light therapy or medications of course.

Robinson White said people dealing with SAD in people who say for feeling a little



PHOTO BY MICHELLE MARCHAND

Seasonal affective disorder (SAD) is a type of depression that follows a seasonal pattern. People who have SAD may have depression throughout the year, but have a heightened depression from late autumn to early spring.

"You can't wait. Conestoga has many resources. I know my students have a

many production winter when they get the help they need the most.

## Distracted driving still a big problem

1000 1000 1000

Restricted driving is a problem that we have been trying hard to solve for decades now — as fact, as of September, the Ontario Ministry of Transportation has started trying a little harder. If you are caught by a police officer talking or texting on any kind of hand device while driving, the penalty is an automatic three-point deduction and a fine of up to \$100.

If you are in an accident because you were distracted, it's even worse. The immediate priority is not demand. Parents from age 12 to 18 could send a six-month jail sentence and a two-year license suspension. Just like that by picking up your cellphone instead of one brief message and peeling into an accident, with this law as strict as you can read by wrong people to hold a piece of your life.

And yet, despite that reality, many of the people reading this will allow themselves to be distracted on their way home today. It's just one day to convince yourself that it's OK to take a quick break to go down a few lines.

Because of this, many drivers have taken measures to ensure that they are unable to use their phone while they're driving – whether they put it in the glovebox, turn it off or leave it on the back seat. Removing the pain of driving and increasing the safety of the road.

Driving while intoxicated also needs to stop. Just like the hated driving. It's easy to justify a short drive home after only a few. You tell law enforcement it should be a problem. There are what some would call "there are last words."

You aren't available. You have to remember that just because something has never happened before doesn't mean it won't happen. Remember, there's a first time for everything. I bet, maybe life will never be filled with words like you're when you're an emotional. There are emotions you find of wanting to live just at it. It's at times it makes you speak of a place you want to take at your phone or hand set. The first is when you're going. It won't be quite enough to not let others go down.

This is especially important to remember with winter and Christmas on our doorstep. The road conditions will only get worse, and avoiding accidents will become harder even if you are more cautious in the road.

Don't make your friends and loved ones on Christmas Eve also spend Christmas proving it's such a simple decision to make. Let it be in the difference between life and death, joy and sorrow.

The mean  $\Delta$  value represents the position of the response, and measures its direction.

**Letters are welcome.**

Signs welcome to take to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered only for consideration. The unsigned letters will be published.

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Exposure delays Light Rail Transit project after water main hit

## Trudeau's cabinet sets precedent

Atkinson's 2012 episode *Justice Truitt* ends with a throw of his shoulders when he was asked why he'd lost his cabinet seat, because at his first public address as House Minority

that Tyndeman's argument should have been "because they are qualified," the new Prime Minister's response is like to claim that he thought it was a sound argument.

There is no disparity in the culture between qualified people were appointed to their positions with no regard to their gender. It's not about their gender, it's about their competence.

There are several major differences between Trademark's new cabinet, and the one Ronson Hager owned in 1939. There are 18 drawers in this cabinet. Later of cabinet whereas there were only six in Hager's. There are two straightened cabinet, modernized metal trim - Jody Wilson Rayfield - including the past typical portion of Minister of Justice and Attorney General of Canada. There were no straightened cabinet, modernized in the Chaudhury's 2009 cabinet. There are five visible drawers on the cabinet compared to the two in 1939.



Figure 1 illustrates the experimental design, showing the sequence of events: Pretest, Training, and Posttest. The y-axis represents Performance, and the x-axis represents Time. The diagram shows that performance is measured at three points: before training (Pretest), during training (Training), and after training (Posttest). The training phase is divided into two parts: a pretest and a posttest. The posttest is conducted after the training phase, and the results are compared to the pretest results.

holding positions like Minister of Congress Institutions and Minister of Natural Defense. Exactly half of the 50 members were sworn in on a solemn affirmation instead of

A second way is to try to equalize rates of acceptance among represented females: more represented female teachers have made one thing clear — he doesn't care what colour or gender you are so long as he thinks you're in the job. There's nothing that more qualified people should be in the positions of power are doing so to mark the fact that they also take the idea of equality. There is not only a proper representation of minorities and women in the cabinet but they are equally more qualified than the more politicians who held the same positions when they were before them.

Chair, Minnesota and Wisconsin as a  
Political Theory professor, University

where the Minister of Justice is a well-respected lawyer; the Minister of Sport and Persons with Disabilities is a Paralympic swimmer who is blind; our Minister of Health is a doctor and our Minister of Natural Resources was the first black Canadian to command a Canadian army regiment.

The interest in the subject, while an extremely important precedent for the future of Canada, the meeting put that as Canada will no longer take the same old stance for a while.

Thus, our dataset reflects the population of Canada, more than any dataset before it. Canadians called it an "unbelievable pleasure" to present a website that looks like Canada.

Deliberately young, diverse and representative of Canadians on a broad scale — that network will helpfully ensure future generations to get involved and engaged in politics.

new calendar is now in effect that limits the number of hours each nurse is allowed to work. There is also a limit on overtime hours. Teachers, the largest group of freelancing bus drivers, are not covered.

## SPOKE

(5) 伊里奧山(伊里奧斯)是阿特拉斯山脈的支脈，位於北非。其最高峰為伊里奧斯山，海拔高度為2908米。

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Types of cases in 2008 may include: • **Small** – under \$100,000  
• **Medium** – \$100,000 to \$500,000  
• **Large** – \$500,000 to \$1,000,000  
• **Very Large** – over \$1,000,000

The above-mentioned experiments have been carried out by the author of the present paper. The results of the experiments are given in the following table. The results of the experiments are given in the following table.

# Tennis club serves area

## Indoor facility offers pay-as-you-play option

BY DEAN HALL/STAFF WRITER

Look no time for winter, a unique indoor recreational option is being offered, and it is located just locally on Queen's campus.

The OGSB (Ottawa/Gatineau/St. Mary's) Tennis Club opened its new indoor facility at the OGSB Lifestyle and Recreation Complex, located at 407 New Dundas St. a block away from the student centre. The state-of-the-art facility has three artificial-sand tennis courts with an ergonomic playing surface designed by experts and approved player-friendly tennis lighting, all under a large retractable dome.

Andrew Shepherd, president and founder of the OGSB Tennis Club is a decorated Canadian tennis player and also one of the instructors at the club. Shepherd achieved a career high world singles ranking of the 40 in September 1999 becoming the first-ever Canadian to break the top 50. He also has a 1-0-0 singles record at the Davis Cup, competed at the 1992 Summer Olympics and was a one-time winner of the Canadian National Singles Championship and three-

time Tennis Canada singles player of the year.

New Dundas 40 features his focus on developing the game of tennis in Waterloo Region.

"As my way of giving back to the sport, and sharing that with different," Shepherd said. "We wanted to bring back variety tennis to the area because it disappeared."

OGSB Tennis Club offers a student membership of 1900 a season which includes additional knowledge on tennis. Benefits of a membership include cheaper hourly court fee, rentals cheaper lesson and program fees as well as full access to the OGSB Lifestyle Complex. Shepherd said the club already has a few Canadian members.

"Coming from college and university as well I know how tight money is in the everyday," Shepherd said. "You become a member you're paying 50 bucks an hour. If you have four people in the house."

The club also has a pay as you play option open to the general public, for those who want to come out and try the sport.

"If you're not a member your game's \$30 an hour. We have singles to you

don't have to have them. We have the balls in, you don't have to have them," he said. "We want to be inclusive, not exclusive."

The club also offers a wide variety of programs and lessons from adult group lessons and kids programs to elite training programs for serious players. Shepherd is a Global Professional Tennis Coach Association certified Level 4 instructor one of only 10 in the country, and he and his team of local professionals are passionate about the game.

"The one of those sports you can play at any age. I have taught people who are 80 years old. I've taught kids who are four and five. Whether it be an adult or a kid, it's nice to see that kind of joy and enjoyment in what they are doing," Shepherd said. "I have so much fun doing it. I really do. You watch as my kids and I put them on having a time and enjoying a lesson and everything they're getting out of it."

With beautiful views like Lake Huron and Niagara Harbour, representing Canada on the world stage, the game of tennis has never been more captivating to Canadians. With variety, more coverage, something



PHOTO BY DEAN HALL/STAFF WRITER

OGSB (Ottawa/Gatineau/St. Mary's) Tennis Club founder Andrew Shepherd stands in the new tennis facility at the OGSB Lifestyle and Recreation Complex located at 407 New Dundas St., Kitchener.

Shepherd said there was not a lot of when he was younger.

"We were lucky to have one tournament to watch every quarter season. Now you're not just you can watch it. And it's fantastic because people are now willing to do a little bit of it and supporting it, he said.

Shepherd is driven to continue the development of tennis in Canada.

"For me it's not a job, he said. "I really enjoy being on

the court. I enjoy being with people. Most importantly, I love seeing improvement because when you can go out there and you take some one who hasn't played tennis before, they're a certain period of time they can rely on to you. They can learn their other friends how to play and it just grows and grows."

For more information on how to become a member or to book a court time visit [www.ogsb.ca](http://www.ogsb.ca).

# Connect Leadership workshops help you stand out

BY SARAH L. BOWEN/STAFF WRITER

Laughter, fun and a whole lot of learning is what Connect Leadership at Carleton's College is all about. To help students learn about skills that make for a great leader, Connect Life holds various workshops. Connect Leadership workshops.

"The workshops are beneficial to all students regardless of the program, age or life experience and teach life skills that are important for leadership students."

"Participants have an opportunity to engage with other students from different programs and work together to learn different leadership skills that can then be applied back in the classroom or in their everyday life."

Students can join the workshops whenever it best suits their schedule but it is recommended to keep up-to-date with the topics of discussion before each

**All these workshops have taught me to become more of a leader because I have really learned to step**

**out of my comfort zone !!**

**— Rishel Goss**

leadership session.

"These workshops have taught me to become more of a leader because I have really learned to step out of my comfort zone," said Rishel. There is a second year mechanical systems engineering program student.

Reflecting on the workshop, very interested in work, leadership during Blackfold games to make a puzzle and sometimes you get in a circle and reflect on how the interaction of the pieces relate to the real world.

"When we laugh and play games, even though we're not having a full concentration with someone, it can still make you gain a leadership with different people and Katherine Harrison, a first year fitness and health promotion student.

Through these leadership experiences, students gain a co-curricular activity that can help better a resume.

"Participants will achieve different learning outcomes for each workshop they attend, and the skills they learned by participating will be listed on their official co-curricular record," said Goss.

By participating in the various workshops you learn new skills.

For more information all of the workshops can be found on the co-curricular record under the Connect Leadership Workshops Series at [www.carleton.ca/en/co-curricular/](http://www.carleton.ca/en/co-curricular/).

You can register for each workshop by clicking [ogsb.ca](http://ogsb.ca).



PHOTO BY SARAH L. BOWEN/STAFF WRITER

A group of Connect Leadership students participate in a fun, bonding game at a Connect Leadership workshop at Carleton's College in Queen's campus.



# Beertown an uptown Waterloo treasure

BY CORBETT ALLISON

When I think of a treasure I come to agree it can be as seemingly placed but in the heart of uptown Waterloo there is one.

Beertown Public House located at Waterloo Town Square 75 King St. is one of the Chedoke Group of restaurants. With over 120 beers to choose from Beertown provides a unique experience.

The lights are dim when you walk in and music is playing noticeably in the background but not loud enough to make you want to go back home. The floor is wood which complement the plaster wooden tables and chairs. There is something relaxing yet intriguing about the environment.

Contrary to the name the menu is not restricted to just beer related items. What I thought was a plus because I am not a beer drinker.

I skipped appetizers and went straight for the Granite Mac + Cheese (\$17.48) because it was under the \$20 mark and they supplied a bottle. I was surprised to find out at it would live up to that. I find that restaurants shy

away from adding meat and cheese to their menu. Maybe that is because the recipe can't be perfected for a large group of people. However in addition to using the word ultimate Beertown decided to add ingredients like corned beef, chicken, house smoked bacon, wild mushrooms, cherry tomatoes, mustard, bbq, grapes and parmesan cheese, olive, fresh parsley and potato.

Some of the other items on the menu are an 18-hour smoked brisket, picnic pork, braised ribs and deep-fried fish and Beertown put their signature of beer through the menu, so what they are all under \$20.

When the food arrived, I could smell the smoked bacon and see the layers of cheese. After I had a taste of it, I could understand why they were confident enough to use the word ultimate. It was just that.

I opted for a glass of strawberry shagreen because of course it was ideal to do that in Beertown. It came in a Collins glass garnished with a whole strawberry and a sprig of a herb. The last of my strawberry shagreen is always in my fridge as something to use the taste of strawberry in



PHOTO BY CORBETT ALLISON

As shown, customers enjoy a Sunday lunch at Beertown Public House located at Waterloo Town Square. Beertown is one of the Chedoke Group of restaurants.

This glass however passed the test. It had a delicious drink and tangy taste.

Beertown is worth the visit if you are looking for the feel of an upscale sports

bar with an extensive menu and well thought-out menu options.

## FOOD BANK RECEIVES DONATIONS



PHOTO BY CORBETT ALLISON

students could drop off and money and boxes of supplies for the Waterloo Food Bank on Nov. 8. The booth was set up at front of Tim Hortons at Conestoga's Green campus.

## 'Canada should be doing more' Syrian crisis overwhelming

✦ EDITORIAL FROM PAGE 1

"I don't think that Trudeau knows what he's talking about," said Mohammed.

"The amount of time and money it took them to bring in only 5,500 there is no way that he will be able to bring in 50,000," added he to some type of miracle worker.

Although Mohammed thinks that Trudeau's promise is unrealistic, he does think that Canada is doing everything they can to help.

"It's not Canada's fault," he said. "But it is not so much a country that has no ties to Syria, but so involved."

In Kitchener and Waterloo there are organizations that help Syrian refugees. Reception House, Mennonite Central Service, Refugee Support, Welcome Home and Sanctuary. Syrian Health Center are all places that provide refugees with the support that they need including giving a temporary home for government-accepted refugees and provid-

ing them with health care, emotional support and possible employment.

Deena Ghani, a 30-year-old Waterloo resident, said she is grateful that there are places like Welcome Home to support Syrian refugees.

"The amount to me a city like Waterloo is so involved she said.

"I have been a part of a lot of money that supports such a huge ongoing issue."

According to the United Nations, the number of Syrians fleeing their country since the start of the civil war has swelled to more than 13 million with 2.8 million leaving in the past year. 40 million are internally displaced within Syria. Another 6.5 million are internally displaced within Syria.

"It is such a huge issue," said Ghani. "I'm a proud Canadian but I think that Canada should be doing more than they are. From now on just pressure the UN to see some action."

THE FIRST DOG WALK FUNDRAISER AT SNYDER'S FAMILY FARM WAS A HOW DO YOU DO?



1000

Bayona, a three-year-old Jack Russell mix, was hospitalized on 3 Sept. after a 20-lb (9-kg) puppy bit him during the Fall "Howler" Dog Walk. Bayona was immediately put on antibiotics. The same network included a red-tailed dog, Sam, who has a giant, bright yellow and orange, iridescent skin on the head. He was also hospitalized on 3 Sept. after a 20-lb (9-kg) puppy bit him. He was also hospitalized and administered drugs.

## FROM BEYOND THE CURVE



On a quiet afternoon in a studio and photographer in Pasadena, Calif. the 30-year-old actress is making up a very young girl when she poses a proud, stoic, and defiant. She does so with an intense focus, as well as patience to help her director. She does so with an intense focus, as well as patience to help her director. She does so with an intense focus, as well as patience to help her director.

## A TOAST TO THOSE MASTERING COMMUNICATION



1000

**Team Rhythmic Club** joins North of Colorado College's Traditionals in their results tonight for the Cooper club state after dropping up on scoring on the 1.6. The state meets every Tuesday in Place 2023 at the Doan campus during the fall semester. The club is part of Traditionals is featured on a team pattern that includes a rhythmic, some precision and leadership skills.



**RELAX AND TAKE  
THE TIME  
TO COLOUR YOUR  
WORLD:**

**Conrad's Learning Commons** partnered with COJ and the Library to conduct an exhibition: *Their Lives Matter*. A panel presentation event took place in the Library Resource Centre on Nov. 5. To the left, participants and panel co-leader in the exhibition station. For more story, go to [www.kitchener.com](http://www.kitchener.com).



# Reach for the sky at Sky Zone

BY MARILYN COOPER

Sky Zone puts a new twist on the classic backyard trampoline.

The indoor park, which opened at 150 Gateway Park Dr. in Midchester on Oct. 30, has many trampolines on the ground and walls. They also have a foam pit, soft basket, ball nets for children and

Open Jump is a general event where people have access to all the park but no other. This includes the moon court, the foam zone, ultimate discgolf, sky sleds and more. The next event is just repeats from jump. The team runs a 400-ft. 100-foot foam sled with a trampoline running. Sky sleds are you think like a sled with a trampoline launch and that launches you 10 feet into the air.

It is so much fun, you feel like a little kid again, said Chely Cummings, the event lead at Sky Zone. "You feel so free and have nothing on your mind while you are jumping."

The park also has events and classes people can sign up for. Some of these include discgolf, Sky Fitness, Skydance, Jumpology and Sky Camp, which will start in the summer of 2010.

"I'm excited to see the diversity of people the park brings in," Cummings said. "I think we will see a lot of kids but also men, women and couples who are looking to be in a healthy lifestyle."

Sky Zone is also looking into starting a program for kids who have motorcross skills as to light, sound or even other people. It will have an a quarter class

for those kids to have fun. Cummings said the park is great for everyone, not just kids.

It was so much fun, said Joshua Johnson, a University College second-year wood-working student. "My friends and I were going to hang out with friends while jumping on a bunch of trampolines."

Sky Zone is different than many other trampolines parks in the area because it is an amusement, facility not just an exercise and training facility. Cummings said Sky Zone is a great place for students, youth groups, birthday parties and getting together with friends to hang out. They are also hoping to run sports and corporate teams come out the team building activities.

"Birthday parties are huge at Sky Zone. We have a lot of them," Cummings said.

Jumpers are separated by age for safety. There are five groups: ages 4-4, ages 5-10, ages 11-15 and ages 16 or older. Each person who wants to jump must fill out a waiver before entering the trampoline area. The waivers can be filled out at Sky Zone or their employees or can be filled out at home before going there.

Sky Zone staff recommends people arrive 30 minutes before their jump time to fill out waivers and purchase a pass at SkyZone which are required to jump. Payments and bookings can be done online or in-store.

SkyZone which has 12 are bright, bright with red on the bottom that can only



PHOTO BY MARILYN COOPER

Joshua Johnson, a University College second-year wood-working student, took a slide into the foam pit at Sky Zone Trampoline Park in Midchester on May 8.

be purchased at the park. Cummings said they make jumping safe and the best part is you can reuse the socks as long as they have no holes or rips.

The price depends on how long you choose to jump

with times going from a half-hour to two hours and the prices starting at \$10 up to \$24.

Sky Zone may have just opened in Midchester but they have parks all around the world with many in the

United States and Australia. Idaho and Mexico are also being considered as future locations.

For more information on Sky Zone visit [www.skyzone.com/midchester](http://www.skyzone.com/midchester) or call 413-894-4489.



PHOTO BY MARILYN COOPER

Caleb Perry and Joshua Johnson, both second-year students at University College, took a slide into the trampoline park.



PHOTO BY MARILYN COOPER

Midchester Mayor Barry (second from right) and Sky Zone general manager Josh Sangseng (left) cut the ribbon at the opening of Sky Zone. MP Harold Johnson (second from right) and MP Michael Harris (right) attended the grand opening of Sky Zone in Midchester on May 8. Sky Zone is the world's first indoor recreational trampoline park and is located at 150 Gateway Park Dr. in Midchester.

# Jason Blaine rocks Kitchener 'country-style'

BY HANNEY BISHOP

Jason Blaine's first night on a pretty much empty stage is a lot of fun to see, and a lot of talent to rock country-style here.

Blaine is riding through Canada with fellow country artists Blake and James Otto on their *There's A Party* tour, which includes stopping at 100 live nights in Kitchener on May 4.

For Blaine, a native of Ontario, there is nothing better than touring through Canada on tour of his Canadian tour.

"Country fans up here don't just listen to the music, they live the country music," he said. "So when they sing your songs back, sometimes I'll just stop singing and they'll sing a song back to me. That's the greatest feeling in the world."

Blaine got a taste of that on the very first show of the tour in Halifax. He was amazed about singing his song *They Don't Make Me Love You* on the tour. The song, which won the Canadian Country Music Association award of the year in 2007, is a love story written about his grandfather who passed away this summer. But when

he began to sing the song in Halifax, the crowd started singing along really loud from the first line of the song. After that, he decided to keep the song in the show.

"It showed how much it means to them and that it's not just about me," said Blaine. "They really connected with the song. And that's something you can't do in a live music connection with the first."

Songs like *They Don't Make Me Love You* are a great example of Blaine's connection to pulling a piece of his heart in every song.

"I tell a lot of stories in my songs of true stories the way I grew up, and where I'm at in life today. Especially on this new record," Blaine said. "I love a good love song, a song that rocks but it's not just about that, it's about songs with depth and meaning in it."

That is why he felt in love with country music, especially his country and artists like Alan Jackson, Keith Brucke, James Otto, and Blake and James. "I tell a lot of stories in my songs, and it was a song for a wedding, a song for singing parties. It was a song for Friday night, or Sunday morning," he said.

Blaine's new album contains two bonus tracks, which he wrote for his children. Blaine's wife, daughter, has been a popular song at weddings with many fans singing Blaine to say that they have shared with their daughter in his song. And after writing that song, Blaine's son approached him and said, "You gotta write a song about me, and you have to call it *My Wife My Son*."

"On this album, there are 11 songs for him and two songs for me," said Blaine. His new album *Country* was released on Oct. 28 and the title track means a lot of the most played songs on country radio. But while things are looking up for him right now, it certainly hasn't been an easy journey. He is thankful for the support of his wife who gave up a good job in Canada to allow him to pursue his dream.

"My wife and I we took a big leap of faith in the fall of 2008 with a three-month-old baby girl, and we packed up everything we could fit into a trailer, Christ, and made the trip to Nashville," recalls Blaine.

And just before the release of *They Don't Make Me Love You*, Blaine's wife had one more surprise for him. She



PHOTO: JASON BLAINE

found Blaine performing at a Kitchener nightclub on May 4, as part of his *There's A Party* tour, along with Blake and James Otto.

of the worst sharing laughs of his career and thought his career was over. When he realized that, better things were just around the corner. "We've had some big hits and had big success things

that I thought for sure were going to end, and it just wasn't. So I'm and Blaine. "That's part of the whole reason that this business is, I think, I'm just getting better at enjoying the ride."

## Sharing herself with the world

BY NATE LINDENBAUM

You may know her as the quirky blonde DJ out from the Disney Channel, but that was then.

Dem Lovato is now more confident than ever on her new MTV studio show. She has embraced herself and she shares that with us in her new studio show.

Confidence is an album about self-empowerment, believing in yourself and showing that to the world. With motivational lyrics, strong background strings, pop-style melodies and the marvellous atmosphere that radiates throughout, the album just is becoming along by the end of this year.

After an album, Lovato debuted at No. 1 on the Canadian Albums Chart, No. 2 on the US Billboard 200 and No. 4 on the UK.

Lovato collaborated with producers and writers such as Ryan Tedder of One Republic, Max Martin and Sia. She also wrote a majority of the songs on *Confidence*. The album shows the steps she took from being a shy child on *Disney Channel* to being a confident adult on *MTV*.

"I've never been more confident in my sound," said Lovato on Twitter. "The only word that comes to mind is authentic. I've never been so real as who I am as an artist. I've never felt

this happy and driven. The end that is her best work yet and that also barely scratched the surface."

The album features an excellent collection of varying genres that in any listeners can appreciate. Included are songs with a pop that doesn't require too many ballads and even R&B. Lovato's songs with a rhythm, you won't be able to shake.

**6/10 I've never been more confident in my sound. The only word that comes to mind is authentic. 7/10**  
— Demi Lovato

*Confidence* allows Lovato to wonder Lovato's heart and dreams, who she really is. All the music that she can give the pleasure of unexpected tracks and listen in an instant pop music. Lovato's music is certainly a lot to take in, but the album puts a powerful message forward to self-empowerment while still having fun. Lovato's music is a powerful message and a great message to share with you. Lovato's music is a powerful message and a great message to share with you. Lovato's music is a powerful message and a great message to share with you.



PHOTO: JASON BLAINE

Dem Lovato's new album *Confidence* was released on Oct. 28. It sold 58,000 in its first week and debuted at No. 1 on the US Billboard 200.

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?



**9 in 10** Canadians are at risk  
for heart disease and stroke.

We're calling on you, so you're not calling on them.

Please give generously. Visit [heartandstroke.ca](http://heartandstroke.ca)



**HEART &  
STROKE**  
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Canadian  
Breast Cancer  
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ONTARIO



## Small changes make all the difference!

Eating better, quitting smoking  
and drinking less alcohol can all help  
reduce your breast cancer risk.

For tips on how to get started, visit us at  
[www.cbcbf.org](http://www.cbcbf.org)

### Counsellor's Corner: Cutting/Self-Harm

Expressing hurt can come in many forms. Sometimes we deal with painful feelings by having someone to talk to whom we feel we can trust. However, other times we may become withdrawn, thinking that no one is available to listen, and no one will help anyway. Or maybe we lash out angrily—shouting or hitting—because we feel out of control. Using alcohol or drugs can be a way of coping for a while, but usually the hangover continues and the bad feelings are still there.

For some people, cutting or self-harm has become a way to cope with feelings (usually emotional pain and anger) they can't seem to express. It can also feel like a way of staying in control. Some say it brings a release, ending the emotional pain by providing physical feeling and even evidence that they exist. Cutting does the talking. People who self-harm usually say they do not wish to die, just to feel.

The reasons people self-harm are numerous and individual. As are the methods used. Perhaps someone has experienced a form of emotional, physical, or sexual abuse; bullying in school for being "different"; depression; parents' separation or divorce; a significant loss; strict family rules; or generally feeling misunderstood and unable to talk about what's going on. Or sometimes people really don't know why they are doing this—and that it's having its toll on their body and not really making the pain. The consequences are it leaves it cutting and self-harm usually brings negative attention in relationships, scars that don't fade, the need to wear expensive clothing, and energy spent in keeping this a secret or trying to stop.

If you or someone you know wants to talk about cutting or self-harm, professional counselling is available to listen in Counselling Services. (The college's Learning Resource Centre also has various resources (books, articles, videos) on cutting and self-harm, and resources are available in the community.) Our counselling services are free, voluntary, and confidential.

A Message from Counselling Services



## Former Disney star releases hot new pop album

BY NARA HANRA

Deanna Carter, because famous or an actress in the Disney channel series *Wizards of Waverly Place* acting in the show until it ended in 2002, she then went on to film her own show *Deanna Carter* in 2002, as a result of her success playing a successful singer in music.

After releasing three reasonably successful records, Deanna said the band would be taking a break to focus their attention on other projects. In early February, a band member contacted her to ask if she would be taking on a new member—what was a smart decision. In 2003, the pop singer released a debut album called *Deanna Carter* which sold 87,000 copies in the first week, according to Billboard. The forward was given 100,000 copies, was sold and sold 127,000 in the first week.

*Revel* which came out on Oct. 9 is without a doubt Deanna's best album. It features a lot of love songs and her own emotions are expressed. The songs are very much from her own life. The first track called *Revel* "I'm not in love anymore" is a great song about her own life. "I'm not in love anymore" is a great song about her own life. "I'm not in love anymore" is a great song about her own life.

house party last, and career on Broadway.

Although I prefer music that is more soulful and slow, Deanna's album did surprise me. *Revel* is a pop album and it is probably my favourite. I think to release the song in a pop album—like those albums who have been taught, say her life in the spotlight for years, but the music itself is really catchy. I find myself listening to her music during the house party last.

Deanna's success in *Revel* has been a great success. It is the sound of the lyrics, it seems as if Deanna is singing to a man who has about her stopping and leaving her clothes on the floor, but when you watch the music video it seems that a woman who is singing to a man who is singing to her. It is a great song about her own life. "I'm not in love anymore" is a great song about her own life. "I'm not in love anymore" is a great song about her own life.

"I've discovered that I learned this. It's all my life, it's an experience with Billboard.

## Bringing new life to old memories

BY NARA HANRA

The pond reopens, located by the light tower that has pulled up the afternoon sun, glowing through the leaves of the trees above. The pond is a great place to go, it is a great place to go, it is a great place to go. The pond is a great place to go, it is a great place to go. The pond is a great place to go, it is a great place to go.

For some, they provide a quiet place to sit, and think. For others, they pay tribute to the pond. The pond is a great place to go, it is a great place to go. The pond is a great place to go, it is a great place to go. The pond is a great place to go, it is a great place to go.

and said the family had wanted to make a contribution and said "We'd like to remember this person through planting a tree, and they wanted to put a tree out there that would be a very appropriate way to remember that individual," said Don Tabor, the chief development officer at Cambridge.

The trees are planted in mature trees rather than the usual "stick trees" that you can find to give as they don't fall over. They look better and have a better chance of survival.

"It is my hope for the family to have a tree," said Anne Mackay, a member of Cambridge's alumni board.

## PAYING IT FORWARD ON RANDOM ACT OF KINDNESS DAY



PHOTO BY NADIA MAHMOUD

It was Random Act of Kindness Day on Friday, Nov. 25, when the three men from left, a first-year social sciences student, Jeremy Davidson, a second-year political science student and engineering student, and David (they are not), a first-year social sciences student, took part in the event going out free to a coffee, random chocolate to students and faculty.



PHOTO BY NADIA MAHMOUD

St. John's Life volunteers Adam (left), David (middle), and Kevin (right) are in the photo. They are all students during Random Act of Kindness Day at Conestoga College's St. John's campus on Friday, Nov. 25. For full video story visit [www.sjklife.ca](http://www.sjklife.ca).

## MEDITATION IN THE AREA



PHOTO BY NADIA MAHMOUD

Karen Erickson, a certified life coach and spiritual teacher, is a St. John's Evangelical Church in Conestoga College's St. John's campus on Friday, Nov. 25. For full video story visit [www.sjklife.ca](http://www.sjklife.ca).

## Testing on animals must end

Not only are animals taken from the wild and used for our entertainment, they are also used to test products on them. We can save money by testing products on animals, but we can't save lives.



Karoline Gifford

Not only are animals taken from the wild and used for our entertainment, they are also used to test products on them. We can save money by testing products on animals, but we can't save lives.

Not only are animals taken from the wild and used for our entertainment, they are also used to test products on them. We can save money by testing products on animals, but we can't save lives.

According to the Humane Society International, more than 100,000 animals are used in testing each year. The animals are used in testing for cosmetics, pharmaceuticals, and chemicals. The animals are used in testing for cosmetics, pharmaceuticals, and chemicals. The animals are used in testing for cosmetics, pharmaceuticals, and chemicals.

Of this, we know that 100,000 animals are used in testing each year. The animals are used in testing for cosmetics, pharmaceuticals, and chemicals. The animals are used in testing for cosmetics, pharmaceuticals, and chemicals.

## 44

Eighty-one per cent of Canadians agree that the suffering of animals is not worth using them for testing, and 88 per cent support a national ban on animal testing of cosmetics and their ingredients.

The most common way to test products is to use animals. The animals are used in testing for cosmetics, pharmaceuticals, and chemicals. The animals are used in testing for cosmetics, pharmaceuticals, and chemicals.

Competition that makes all national products test their products by using human cells and tissues from volunteers. The less expensive, the less likely it is to be safe and more necessary.

Canada's first products have also proven to be more environmentally friendly. The products have been tested on human cells and tissues from volunteers. The less expensive, the less likely it is to be safe and more necessary.

The products have also proven to be more environmentally friendly. The products have been tested on human cells and tissues from volunteers. The less expensive, the less likely it is to be safe and more necessary.

According to a poll done by The Humane Society, 81 per cent of Canadians agree that the suffering of animals is not worth using them for testing, and 88 per cent support a national ban on animal testing of cosmetics and their ingredients.

If you're one of those people who thinks you are an animal lover, I strongly encourage you to not support animal testing, and to be the change you want to see in the world.



# HOROSCOPE

Week of November 14, 2005



**Aries**  
March 21 -  
April 19

An upcoming opportunity may give you pause, but open up to the experience. It could bring positivity to you.



**Taurus**  
April 20 -  
May 20

Remember there is no will free challenge of times in the days ahead. Be sure to show those acts of appreciation and gestures.



**Gemini**  
May 21 -  
June 21

You don't need to act differently for different audiences. Be true to who you are and good things will come.



**Cancer**  
June 22 -  
July 22

Watch how you spend your money, because your capital investment tends to lead you in the wrong direction when it comes to finances.



**Leo**  
July 23 -  
August 22

Take time to give your true to those close to you that demand you. Be sure to give yourself some rest time this week to recharge.



**Virgo**  
August 23 -  
September 22

Devote some time to reflect from this week, because you are at a pivotal point in your personal development.



**Libra**  
September 23 -  
October 22

Don't overwork yourself and sacrifice personal goals on the process. Work hard, but find a balance between, time relaxing and time for yourself.



**Scorpio**  
October 23 -  
November 21

Don't shy away from taking the steps that stand above the days ahead on your own, but you will stand even taller on the shoulders of others.



**Sagittarius**  
November 22 -  
December 21

Stay positive this week. The best way to ensure you are successful is if you replace these changes with an optimal, happy mood.



**Capricorn**  
December 22 -  
January 19

You are a natural leader, but sometimes you have a tendency to discount natural talent in those around you, and make yourself a poor fit.



**Aquarius**  
January 20 -  
February 18

Don't let an error this week hold you back from you as you in the moment and work in the present for now.



**Pisces**  
February 19 -  
March 20

You are a deep thinker and thus will become all the more valuable this week. Take time to make this more and it will pay off in the end.



Courtesy's should to try Cliff's homemade sushi

## Oh Cliff

## Useless Facts

Loonies are vinyl covered the school.

Reptiles are extremely poisonous if injected intravenously.

You can tell the size of a horse by the length of its tail. Most have 48 to 60 inches long.

The fingerprints of people born are actually indistinguishable from those of humans, so much so that they can be easily confused at a crime scene.

An octopus's eye is bigger than its brain.

## Sudoku Puzzle

	6	7		3		9	8
2		3	8	5			
				2		6	3
	2		4		8		
	8			2		1	4
1	4	6	8		2		
		8		6			
	7		2	1		5	8
6	1		5		4		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Feathered friends

M	T	B	A	E	A	S	L	E	A	R	C	O	Y	C	BLUEJAY	
Y	V	C	L	A	N	I	D	R	A	C	I	N	G	H	O	BUDDIE
B	Y	E	E	K	A	R	A	P	F	O	C	R	O	W	U	CARDINAL
U	N	C	L	M	W	M	E	Y	A	R	E	S	O	G	O	CHICKADEE
D	E	E	H	D	B	G	W	P	L	H	E	R	O	N	O	CROW
G	R	L	Y	I	R	L	I	Z	C	H	I	B	O	R	L	DUCK
I	Q	O	I	C	I	U	Q	H	T	O	X	L	D			EAGLE
E	G	I	S	F	K	B	E	N	E	A	X	W	C	F		EMU
W	E	R	O	J	T	Q	A	G	J	K	P	W	Y	T	I	FALCON
C	O	O	U	P	E	R	U	D	N	A	C	R	K	O	N	GOOSE
Q	Q	H	Y	T	Y	Y	Z	Y	E	I	Y	U	X	R	C	GOLDFINCH
G	Z	W	V	M	L	G	U	N	E	E	M	H	D	R	H	HAWK
C	C	H	T	V	H	U	D	O	Z	R	T	M	K	A	L	HERON
C	Z	R	S	R	N	Y	V	P	R	F	C	X	U	P	O	HUMMINGBIRD
L	L	U	G	A	E	S	B	A	M	Y	X	H	H	P		ORIOLE
G	A	Z	G	X	Z	A	P	Y	R	G	D	R	M	N	I	PARAKEET
C	C	H	T	V	H	U	D	O	Z	R	T	M	K	A	L	PARROT
C	Z	R	S	R	N	Y	V	P	R	F	C	X	U	P	O	RAVEN
L	L	U	G	A	E	S	B	A	M	Y	X	H	H	P		ROBIN
L	L	U	G	A	E	S	B	A	M	Y	X	H	H	P		SEAGULL
G	A	Z	G	X	Z	A	P	Y	R	G	D	R	M	N	I	VULTURE



Optimize Storage of eBooks on Amazon by your most recent computer because on a regular basis. He also enjoys young adult novels and technology.



Joe Wiegler  
Digital  
Reporter

# relentless.

With a few keystrokes you can sample thousands of opinions, albeit in a sea of information. But as the volume increases, the accuracy and reliability of professional journalism is essential. Gathering and sorting the facts, weighing and interpreting events, and following the story from beginning to end is more important than ever.



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# Not everyone in attendance for lockdown drill

◆ CONTINUED FROM PAGE 1

Merkus spread with the faculty members and used a one-to-one staff member's name into the emergency and told them the lockdown in some parts of the school were not working properly. This staff member told Merkus that because of the same situation being set out while the lockdown was going on.

I think they should have tested some of this staff previously instead of having one drill which not all the students were there for, she said.

The drill she referred to was held on Sept. 24 at 8 a.m. It was the first college-wide lockdown drill at Cowiyo College.

Scrimmager said the col-

**“I think they should have tested some of this staff previously ...”**

— Kayla Merkus

lege should tell what happened specifically to cause the lockdown.

I think they students should know that only so that they can reach out to that person to provide positive support, she said.

CFV News reported on the day of the lockdown that the student who was in crisis was located and given medical attention.

Bonny Barnes declined to comment.

## IN FLANDER'S FIELD WHERE POPPIES GROW



PHOTO BY CHERYL GAGNON

Royal Canadian Air Cadets Aislinn O'Leary and Aimee Mathews sell poppies at Veterans Square in their 8th Grade history class project. It's selling and enjoying veterans and their families.

**People suffering with depression think it's their fault.**

**Who in their right mind would think that?**

We want your help to change this. To stop the belief that mental illness is a character weakness. To stop the stigma that stops people from seeking help.

**CANADIAN MENTAL HEALTH ASSOCIATION**  
ASSOCIATION CANADIENNE DE SANTÉ MENTALE

**STOP THE STIGMA.**